BENGALURU, FRIDAY, JUNE 28, 2024 www.Bangaloremirror.com 12 Pages PRICE ₹3

Bangalore Mirror

TEMP Max 30 | Min 20 | Humidity 93% Generally cloudy sky with Light rain Sensex 79,243 | Nifty 24,044 | Gold 71,730 | Silver 89,500 | Dollar 83.46 | Euro 89.52 | GBP 105.51

CITY PAGE 2

UP THE LADDER

Study exploring financial behaviour of lower middle class reveals income levels of this section on the rise in city

DIG THE GIG

As food delivery agent called out for stealing food, citizens debate and discuss situation around gig economy

CITY PAGE 4

Audit report finds tender process not followed for garbage contracts, payments done without proper documentation, some contractors overpaid — all of which caused losses to civic agency

WE SEE TRASH, THEY SEE CASH

Construction of 44 treatment plants without proper authorisation also hit BBMP hard

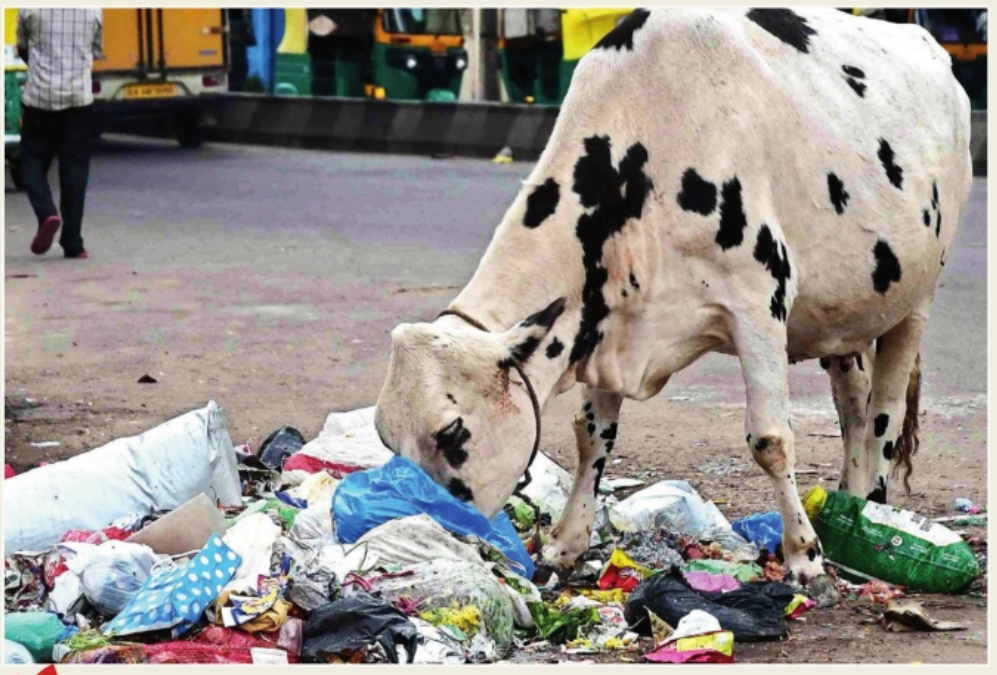
Sridhar.Vivan@timesgroup.com
TWEETS @sridharVMIRROR

The city continues to grapple with a garbage problem, despite the Bruhat Bengaluru Mahanagara Palike (BBMP) investing substantial sums of money towards it each year. It is no wonder then that the 2021-22 audit report has uncovered irregularities in garbage collection, transportation, and disposal.

According to the report, the city generates 5,000 tonnes of waste daily, with the BBMP spending approximately a whopping ₹1,000 crore annually on waste management. However, proper tender procedures for garbage contracts are not being adhered to in most wards, resulting in payments to contractors without adequate documentation. This has resulted in losses that run into several crores of rupees for BBMP.

The audit report states there have been irregularities uncovered in the garbage collection and disposal contracts in the city. The report cites a contractor was awarded a contract in June 2020 for garbage collection and transportation, but the work was not carried out. Instead, another contractor was paid ₹27.31 lakh for the same work in the 2021-22 period. The report highlights that contractors were overpaid for labour costs, with some charging up to 16% more than

CONTINUED ON PAGE 4 »



“The irregularities in garbage collection and disposal contracts have led to a loss of ₹2.95 crore for the corporation. This loss stemmed from contractors being paid despite incomplete work, with some receiving payments exceeding the tendered amounts — Source

Don’t run with the axe

In 2 weeks, agencies seek permission to remove 939 trees across city for various projects

Garima Prasher
garima.prasher@timesgroup.com
TWEETS @BangaloreMIRROR

Over the last couple of weeks, it has been proposed to fell nearly 1,000 trees in Bengaluru to make way for various construction and development projects.

As per information obtained from the forest department of the Bruhat Bengaluru Mahanagara Palike (BBMP), through three public notices, various agencies have sought permission to remove 939 trees across the city.

These projects include Sewage Treatment Plant construction, a road widening project, and suburban rail project.

CONTINUED ON PAGE 8 »

3 THINGS TO DO

01 Pride run/walk

Celebrate Pride Month in style! Bengaluru Front Runners invites everyone (LGBTQIA+ members and allies) to the annual event, Pride Run/Walk 2024. The event promises a day filled with energy, vibrant colours, and a strong sense of community that aligns with the spirit of inclusivity. People of all athletic abilities can participate by choosing between a leisurely 3K walk, an energetic 3K run, or a 5K run, providing an opportunity to show support, celebrate diversity, and make a positive impact. **Where: Cubbon Park; Meeting point: Queen's Statue; When: June 30, 7:15 am to 10 am**

02 Musical concert

Spend your Sunday listening to some of the best songs penned by Javed Akhtar in 'Saath Saath,' a Hindi musical concert rendered by some of the finest artists from Namma Bengaluru and Mumbai: Anit Chand, Sinchan Dixit, Sudhakar Shanbhag, Ram Nagaraj, Jubilee Roy, and Tapash Roy. Padma Shri, Padma Bhushan, and Sahitya Akademi Awardee Javed Akthar is an unparalleled embodiment of poetic and artistic expression. **Where: Bharatiya Vidya Bhavan; When: June 30, 5:45 pm**

03 Story time

Learn and create with an experienced writer as you join in for an engaging and productive event with author Priyadarshini Panchapakesan. This session will feature meet-the-author, storytelling, and brainstorming with kids' own ideas to create their own books. Priyadarshini, acclaimed author of "The Guardians of the Forest," will discuss her inspirations, why she chooses to write eco-fiction, and offer tips on writing your own eco-fiction book. **Where: Atta Galatta; When: June 30, 12:30 pm**

Artistic homage
Yakshagana artists perform during the birth anniversary celebration of Bengaluru's founder, Nadaprabhu Kempegowda, at Kanteerava Stadium in Bengaluru on Thursday

B'luru's lower middle-class slowly climbs up the ladder

83% of Bengalureans express intent to discontinue UPI usage if charges are introduced, 17% share financial data with friends & family: Data

'Despite financial constraints, 31% of lower middle-class consumers indulge in local sightseeing monthly'

| Sridhar Vivan
sridhar.vivan
@timesgroup.com

TWEETS @sridharvMirror

Bengaluru is one of the few cities in the country where lower middle-class income levels are rapidly increasing. According to a recent study, tech-centric cities like Bengaluru, Hyderabad, and Pune have emerged as pivotal hubs, offering new and better prospects for consumers seeking advancement.

In these cities, income levels soar, with Bengaluru and Hyderabad leading the pack, boasting incomes 15 per cent and 33 per cent higher than the national average, respectively.

Financial behaviour and well-being

The Great Indian Wallet Study 2024 explored the financial behaviour and well-being of lower middle-class consumers in India. The report highlighted that rising essential costs impact discretionary spending, making it challenging to allocate funds for leisure activities and occasional treats. Despite these financial constraints, 31 per cent of these consumers indulge in local sightseeing monthly, 31 per cent have managed to travel outstation for leisure in the past six months, and 22 per cent opt for eating out. Moreover, 60 per cent still make occasional discretionary purchases, such as fashion products.

Financial data sharing

The study also reveals that 17 per cent of Bengalureans share their financial data with friends and family. This behaviour increases the risk of data exposure and potential fraud. Consumers are advised to stay informed about common scams, use secure payment methods, verify the legitimacy of websites and emails, strengthen passwords, and regularly update security software. Despite growing awareness, 24 per cent still share sensitive financial data with others, particularly in Chennai, indicating a need for increased education and awareness campaigns.

Cash savings

Bengaluru has the highest number of cash savers. The report states that cash savings hold varying degrees of importance across demographics, with a notable inclination among females and consumers in southern India. This preference is driven by cultural norms, historical practices, and practical considerations, emphasising the tangible nature of cash as a store of value.

Managing expenses

Lower middle-class consumers dedicate nearly 60 per cent of their income (approximately Rs 19,000 in 2024) to fixed expenses such as rent, utilities, transportation, healthcare, and education. Despite increasing expenses, these consumers have managed to maintain stable discretionary spending and savings due to rising income levels. The study showcases their resilience in balancing income growth with escalating living costs and aspirations.

Borrowing and financial resilience

To meet their needs and aspirations, lower middle-class consumers often turn to borrowing, preferring informal channels over formal lending institutions. This reliance highlights the need for financial literacy and access to affordable credit. Social networks play crucial roles in managing financial emergencies, with cash reserves and support from friends and family providing immediate relief. This underscores the importance of financial preparedness and community support in navigating life's uncertainties.

UPI usage trends

The study notes that 72 per cent of lower middle-class consumers currently use UPI, attracted by its no-fee structure. However, 64 per cent express an intent to discontinue UPI usage if charges are introduced. This sentiment is particularly strong in metropolitan areas like Bengaluru (83%) and Hyderabad (87%), where cost sensitivity is heightened. Conversely, 36 per cent of users, identified as convenience seekers, would continue using UPI even if charges were imposed, indicating that both cost and convenience are crucial factors for users.

HONDA

To enjoy the video, please scan QR code.

Dio WANNA HAVE FUN?

Dio 125 With H-Smart Technology

Powerful Muffler Sound / *Sporty Look* / *Smart Key with H-Smart Technology* / *Alloy Wheels and Wave Disc Brake*

For more information give a missed call on

7230032200

BOOK ONLINE NOW!
www.honda2wheelersindia.com

Down Payment **5999***

Low ROI **@ 9.99%***

No **Hypothecation***

Instant Cashback of **5%** up to ₹**3000*** HDFC BANK

For dealer details scan the QR Code

CLICK BOOK RELAX

*Terms and conditions apply. Offer available on all Honda two-wheeler models for EMI transactions made using HDFC Bank credit cards through Pine Labs machines only. Customers can avail a 5% Instant cashback, up to a maximum of Rs 3000. Valid on one transaction per card/order during the offer period. Offer valid until 31st August 2024. The scheme is available in selected outlets only. Product shown in the picture may vary from the actual product available in the market. Accessories shown in the product are not part of the standard equipment.

Honda Motorcycle & Scooter India Pvt. Ltd., Registered Office: Plot No. 1, Sector - 03, IMT Manesar, Distt. Gurugram, (Haryana) - 122050, India; **Website:** www.honda2wheelersindia.com; **Customer Care:** customercare@honda.hmsi.in

Honda Exclusive Authorised Dealerships: Ananda Honda - BOMMANAHALLI: 9738074162; **HEBBAGODI:** 9738074162; **SARJAPUR RD:** 9738074162; **JIGANI:** 9738066600; **HOSA ROAD:** 9738066600; **Anekal Honda - ANEKAL:** 080-27830234, 9880417779; **City Honda - ST. JOHNS ROAD:** 08025139199, 9480812350; **H.R.B.R:** 41614777, 9845941305; **FRAZER TOWN:** 9480812353; **LALBAGH:** 9480812397, 080-43333330; **Haiku Honda - DOMLUR:** 49656565, 9342432156; **INDIRANAGAR:** 9342432157; **Dhruvdesh Honda - MEKHRI CIRCLE:** 40500700, 9343968413; **THANISANDRA (NAGAWARA):** 7353030333; **YELAHANKA:** 40551122, 9343968407; **VIDYARANYAPURA:** 8150866333, 8152866333; **Planet Honda - RAJAJINAGAR:** 08068898888, 9980927735; **PEENYA:** 08068898888, 9980927730; **SUNKADAKATTE:** 08068898888, 9980927728; **BASAWESHWAR NAGAR:** 08068898888, 9980927726; **Raja Honda - KORAMANGALA:** 08067329000,9035310055; **Prime Honda - VIJAYNAGAR:** : 080 - 23010300, 8050503111; **NAGARBHAVI:** 080-23010700, 8095778000; **KAMAKSHIPALYA:** 080-23019700, 7829900444; **Silicon Honda - RV ROAD:** 9844502222, 9844726973; **BANSHANKARI:** 9844502444, 8722279009; **R.R. NAGAR:** 9964388333, 9071175200; **MONOTYPE:** 7353744400, **JAYANAGAR:** 8722801626; **Saphire Honda - JP NAGAR:** 7026000002; **BG ROAD:** 8553004004; **KKP ROAD:** 8553004002; **PUTTENHALLI:** 7353251007; **GOTTIGERE:** 8553004009; **BTM:** 7353252007; **VFM Honda - KR PURAM:** 9071858885, 9071858881; **HENNUR ROAD:** 9108989817, 9108989818; **Tansi Honda - HOODI:** 7259030091, 9741410101; **MARTHAHALLI:** 7259030100, 7259030093; **VARTHUR RD:** 8105597877, 9686573013; **GUNJUR:** 9606450642, 9606450643; **Turbo Honda - DODDABALLAPURA:** 7022620885; **NELAMANAGALA:** 080-27722333, 7022008894; **Wings Honda - HOSKOTE:** 7676907272; **MALUR:** 7676155600; **TC PALYA:** 9590815959; **Sri Kausthub Honda - KOLAR:** 9900018515, 9900018516;; **KGF:** 9900092115; **MULBAGAL:** 9008941044; **SRINIVASAPUR:** 8495956515; **BANGARPET** - 9980607661; **Namma Honda - CHIKKABALLAPUR:** 9606060610, 9611996114; **CHINTAMANI:** 9606060620, 9611996115; **BAGEPALLI:** 9611596112, 9611596110; **Shankar Honda - GOWRIBIDANUR:** 9900007422/33; **SIDLAGHATTA:** 9611596113; **Century Honda - TUMKUR:** 08162261939, 9620263388; **SIRA:** 9620267057, 9538392767; **GUBBI:** 9620267051; **Shantinath Honda - TUMKUR:** 08162279969, 9449334359; **KUNIGAL:** 7022276603; **KUNIGAL ROAD:** 9844351599, 9844351399; **KORATAGERE:** 9606955149; **Honey Honda - PAVAGADA:** 9535941215; **Annapoorna Honda - MADHUGIRI:** 9886627429; **Vignesh Honda - TIPTUR:** 9886711161; **TURUVEKERE:** 9448214014; **Sri Srinivasa Honda - CHIKKANAYAKANAHALLI:** 8722522221; **Prestige Honda - RAMNAGARA:** 9606490030, 9606036040; **KANAKAPURA:** 9606036053, 9606036054; **CHANNAPATNA:** 9606490034, 9035717953; **ART Honda - BIDADI:** 9945966771, 9164871007; **Springs Honda - KENGERI:** 9513771114; **Nideesh Honda - DEVANAHALLI:** 9108871999, 9686608579; **VIJAYAPURA:** 9108871999, 7899870207.

For Bulk/Institutional enquiries, please write us at: institutionalsales@honda2wheelersindia.com

Gig worker in the spotlight

After food delivery agent caught on camera stealing food, citizens discuss ethical issues related to incident

Ahna Prakash
c-ahna.prakash
@timesgroup.com
TWEETS @BangaloreMIRROR

A day after a food delivery agent was caught on CCTV stealing a food package from a customer's doorstep, a debate has been ignited among netizens and citizens about the issues surrounding such an act. The incident was highlighted by a citizen, who had shared the footage on social media. The video shows the delivery agent completing his delivery, and then noticing another food package left at the door. After hesitating for a moment, he takes the second package and leaves.

The citizen expressed his shock on social media, describing the incident in detail. He shared the CCTV footage, which clearly shows the delivery agent's actions. This revelation has sparked concerns about the security and reliability of delivery services among customers.

In response to the incident, the food delivery application company Zomato issued an apology on the same platform. The company assured customers that they take such matters very seriously and promised strict action against those responsible. Zomato also requested the man to share the order details via direct message for further investigation.

However, the incident has drawn different kinds of reactions from residents. Many netizens noted that such occurrences are not uncommon and have been reported with other delivery services as well.

"Stealing is wrong and people should be called out when they do it. Nobody is trying to humiliate gig workers or trying to make their life difficult. It's just that it is also our hard-earned money from which we have ordered food. And it feels bad being deceived," said one citizen.

Capitalist accountability

However, the incident also forced some others to question the low wages, job insecurity in the gig economy and unjustified working hours. "In a world driven by capitalist motives, we must recognise our societal responsibility toward gig workers. No one steals food for the joy of it; such acts often stem from desperation. Reporting these incidents without protecting their identities can lead to severe consequences, like job loss. While we can't always expect corporations to act with compassion, we can and should exercise empathy and support for those less privileged than ourselves. Acknowledging our privilege and acting responsibly is crucial in creating a fairer society," said a citizen Adnan Junaid.

A file photo of Zomato delivery agent

Another citizen too pointed to the social shortcomings behind such an incident. "Nobody is born a thief. We have failed as a society if someone is earning Rs 100 a day and is unable to afford food," the citizen said.

> **"Nobody is born a thief. We have failed as a society if someone is earning ₹100 a day and is unable to afford food"**
> – Citizen

whatsapp MIRROR
9591233247
Problems in your area?
Send us a picture along with specific details. And please, no phone calls or spamming

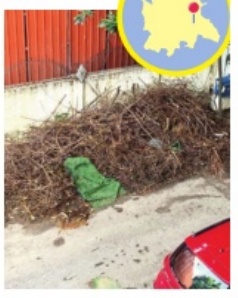
Leaky valve

Cox Town

A leaking valve near Madonna Apartments on Charles Campbell Road is causing significant water wastage, creating an unsightly and disheartening situation.

Unattended debris

Brunton Road



Large piles of dried leaves and sticks remain uncleaned on Brunton Road Cross. Authorities are urged to take action.

Restored Bidare Agrahara Lake promises serenity

Y Maheswara Reddy
c-y.reddy
@timesgroup.com
TWEETS @BangaloreMIRROR

The lake, once stinking and mosquito-infested, is now a popular leisure destination, attracting hundreds of visitors daily

The residents of Bidare Agrahara, Doddabanahalli, and surrounding areas are pleased with the rejuvenation and development of Bidare Agrahara Lake, which spans 18 acres in the Mahadevapura Assembly constituency. Mahadevapura MLA Manjula Aravind Limbavali inaugurated the revitalised lake for public use. The restoration of Bidare Agrahara Lake began in January 2023 and was recently completed. A story titled "Revitalisation kicks off at Bidare Agrahara" was published by Bangalore Mirror on January 19, 2023, describing how residents were elated as the long-awaited work on their lake began after years of neglect. The former panchayat development officer noted that Bidare Agrahara Lake was the 17th lake chosen for improvement.

The lake's rejuvenation is set to increase groundwater around the lake where more than 400 families reside. "The condition of the lake was terrible and needed immediate attention. The rejuvenation of the lake has facilitated hundreds of people, including children and senior citizens, to visit the lake for a walk in the morning and evening. I am happy with the authorities concerned for restoring the lake," said Muniraju K, a resident. Anil Kumar M, a resident, appreciates the authorities for their efforts on the lake, noting that it was once plagued with sewage and weeds, posing a health hazard to nearby residents. "Now, the lake has become a destination for people to spend their leisure time. Before rejuvenation, the water body was stinking and a breeding place for mosquitoes. I am delighted to see hundreds and more people visiting the lake," he said.

Lingaraj Urs, president of ForceGW, expressed gratitude to those involved in the restoration of the lake. He highlighted the lake's new 3-km walking path and two wetlands designed for natural water treatment."ForceGW is the community partner overseeing the lake's restoration. Benches are lined along the walking path, and amenities included an open-air gym, a children's play area, and a fence to safeguard the lake's perimeter. Additionally, a Miyawaki forest has been planted to enhance green cover, with approximately 2,000 saplings planted for this purpose," he said.

2021-22 audit report uncovers irregularities in waste management

CONTINUED FROM PAGE 1

the actual labour costs. Additionally, the audit report revealed that some contractors were paid more than the tendered amount, resulting in a loss of ₹1.07 crore for the corporation. These findings suggest that the corporation's efforts to address the garbage problem have been hindered by irregularities in the contracting process. "Garbage collection and disposal contracts in Bengaluru have been marred by irregularities, leading to a significant loss of ₹2.95 crore for the corporation. Despite incomplete work, contractors were paid, and in some instances, they were paid more than the agreed amount. Moreover, payments were made without proper documentation, as highlighted by the audit report, which noted a payment of ₹40.62 lakh without adequate records," a source told Bangalore Mirror.

The report also flagged unauthorised work, including 44 treatment plants and other projects undertaken without proper authorisation. "In specific instances, such as in the Bommanahalli and Bagalur divisions, payments were made to contractors who were not selected through the proper tender process, amounting to ₹1.25 crore and ₹1.69 crore, respectively, without proper documentation. The irregularities in garbage collection and disposal contracts have led to a loss of ₹2.95 crore for the corporation. This loss stemmed from contractors being paid despite incomplete work, with some receiving payments exceeding the tendered amounts," said the source.

No paper trail

The report highlights that in the Dasarahalli division, contractors were paid ₹40.62 lakh without adequate documentation, and excessive payments were made to contractors for labour costs. Moreover, the BBMP undertook numerous projects, such as the construction of 44 treatment plants, without proper authorisation, leading to objections regarding the payment of ₹99.69 lakh to contractors. In the Bagalur division, payments totaling ₹3.74 crore were made to contractors without proper documentation. The audit report also revealed instances where contractors were paid more than the agreed tender amounts. Furthermore, the audit report recommends recovering ₹1.03 crore from contractors who received excess payments. It also suggests taking action against officials responsible for these irregularities.

In a separate issue, a BBMP senior official mandated the replacement of tipper lorries with compactors in June 2018. However, in the Yelahanka division, tipper lorries were still in use post-June 2018, resulting in a bill of ₹9.85 lakh, which is recommended for recovery. At the Mavallipura processing unit, labour and machinery were utilised for garbage management, with a bill of ₹25.22 lakh paid. However, there are no records of this work, leading to an objection regarding the payment.

Similarly, in the Doddabidarakallu processing unit, vehicles were utilised without tender processes, incurring fuel and maintenance expenses totaling ₹16.48 lakh. This action violated rules and has been objected to. "Overall, the issue has raised objections to payments totaling ₹51.55 lakh across various divisions due to irregularities in the contracting process," the documents of the audit report have revealed.

High Court issues notice over prison powers

Legal challenge questions extensive disciplinary authority under K'taka Prisons Act

Bangalore Mirror Bureau
mybangaloremirror@timesgroup.com
TWEETS @BangaloreMirror

The High Court of Karnataka has ordered a notice to be sent to the state government regarding a public interest litigation (PIL) that questions the constitutional validity of the extensive powers granted to prison heads to discipline inmates under the Karnataka Prisons Act, 1963. The division bench of Chief Justice NV Anjaria and Justice KV Aravind passed the order while hearing a petition filed by the High Court Legal Services Committee (HCLSC).

The petition outlines how the Act permits prison heads to impose penalties such as 'hard labour', 'loss of privileges like remission or furlough for a certain period', and 'separate confinement' for up to two months based on inmate conduct within the prison. It argues that the absence of a mandatory procedure for imposing these punishments denies inmates the right to know the reasons and the opportunity to appeal, thus violating principles of natural justice.

Additionally, the petition challenges the Karnataka Prison (Second Amendment) Rules, 2022, effective from April 29, 2022, alleging they violate

The petition challenges prison disciplinary powers allowing penalties like hard labour, loss of privileges & separate confinement based on inmate behaviour

Article 21 of the Constitution by allowing authorities to disregard convicts' applications for temporary release, parole, or remission if an appeal or bail application is pending.

Referring to a 2022 report by a fact-finding committee of the Karnataka State Legal Services Authority, the petitioner highlights that many inmates refrain from reporting alleged torture in police custody due to fear of retaliation, urging the court to prohibit any form of torture while individuals are in custody.

CID files charge sheet against Yediyurappa

The Crime Investigation Department, probing molestation charges against former Karnataka CM BS Yediyurappa, filed a charge sheet on Thursday in the special court dealing with POCSO cases.

Following a case of molestation registered by the Sadashivanagar police in March this year against the BJP stalwart, Karnataka Director General of Police Alok Mohan issued an order transferring it to the CID for further investigation.

The case stems from a complaint by the mother of a 17-year-old girl who alleged that he molested her daughter during a meeting on February 2 this year at his residence in Dollars Colony.

Yediyurappa has denied the charge, stating, "People will teach a lesson to those indulging in conspiracies against me." The 54-year-old woman who leveled the charge against Yediyurappa died last month at a private hospital here due to lung cancer.

The CID questioned Yediyurappa for about three hours on June 17 in connection with the case.

Earlier, the Karnataka High Court had issued orders restraining the CID from arresting Yediyurappa in the case. —PTI

Infant's body found in train dustbin

The Karnataka Railway Police discovered a newborn boy's body wrapped in white cloth on the Prasanthi Express from Bhubaneswar to Yelahanka Station.

Passengers alerted authorities, leading to an investigation by Yeshwanthpur Railway Police. Initial findings suggest the baby was born during the journey and abandoned.

Authorities are analysing CCTV footage from the train and stations to gather more information and clues about the incident.

BM Food & Night Life

NAGARJUNA
ANDHRA STYLE
SINCE 1984

We Invite You To Embark On This
Delicious Adventure that goes beyond the leaf

Residency Road 080 25559848	Kormangala 7259116000	Indiranagar 080 42800900
Bannergatta 080 41400500	Marathahalli 8050007066	Whitefield 8792647772

Order on zomato SWIGGY

EXHIBITION TIME: 10 AM - 6 PM

5TH EDITION™
GREEN VEHICLE EXPO

28-29-30 JUNE 2024

BIEC, Bangalore International Exhibition Center, INDIA

Entry Free

Scan & Register Now

EXHIBITION ON
ELECTRIC VEHICLES, HYBRID VEHICLES,
COMPONENTS, BATTERIES, CHARGING STATIONS,
GPS SYSTEMS & ALLIED INDUSTRY.

ORGANIZED BY MEDIA DAY MARKETING
CONFERENCE PARTNER CHROMIC
SPECIALLY ASSISTED BY MSME
SUPPORTED BY ARAI SEPA
MEDIA PARTNERS
Auto Monitor · EXPRESS · KARREP · SCOOTER ASIA · EV · evIndia · 99 AUTO FLASH · FORGINGS TODAY · Motor · autoheart · trade4india

www.greenvehicleexpo.com

For more information contact: 7075566244 | 9341473494

Karnataka, TN aim for the sky with airport plans

As K'taka scouts space for second airport in city, TN announces international airport in Hosur

Sridhar.Vivan
@timesgroup.com
TWEETS @sridharvMIRROR

Kempegowda International Airport

Even as the Karnataka Government is busy scouting a place for a second airport for the city, the current Kempegowda International Airport (KIA) is nearing saturation level with no land available to expand future runways. Meanwhile, the Tamil Nadu Government has announced an international airport near Hosur with a clear eye on Bengaluru's international travellers.

On Thursday, TN CM MK Stalin stated that an international airport capable of handling 30 million passengers per year will be set up in Hosur on 2,000 acres. Tamil Nadu's State Industries and Investment Minister TRB Rajaa made his intentions clear, stating that the announcement of the new airport in Hosur will foster a twin-city ecosystem with Bengaluru, propelling growth in both Tamil Nadu and Karnataka.

Earlier, Karnataka's Infrastructure Development Minister MB Patil stated that Bengaluru International Airport is the third busiest airport in the country, following Delhi and Mumbai. Last year, the airport handled 37.5 million passengers and over 4,00,000 tonnes of cargo. He emphasised that a second airport is needed to efficiently manage the expected increase in both passenger traffic and freight in the coming years.

"When the Devanahalli airport was established, the contract terms stipulated that no other airport could be constructed within a 150-kilometre radius until 2033. With nine years remaining under this agreement, we must start preparations now," Patil explained. He noted that the current airport is projected to reach its peak passenger handling capacity by 2033 and its maximum cargo handling capacity by 2040. Considering that land acquisition and compensation for landowners take a significant amount of time, Patil underscored the necessity of beginning work on the second airport immediately. He also highlighted the importance of a second airport in developing an industrial ecosystem beyond Bengaluru.

> **When the airport was established, the contract terms stipulated that no other airport could be constructed within a 150-kilometre radius until 2033**
>
> –MB Patil, Infrastructure Development Minister

No Hosur airport till 2033

Although there were hopes for the redevelopment and restarting of Hosur airport, the Centre has clarified that no airport can function in Hosur until 2033. Sources in the Union Ministry of Civil Aviation stated that Hosur Airport falls within the aerial distance of 150 km of Bangalore International Airport Ltd. (BIAL). Therefore, based on the Concession Agreement between the Ministry of Civil Aviation and BIAL, the Government of India will not permit the development, improvement, or upgrade of any new or existing airport, except for Mysore and Hassan airports, into a Domestic Airport within an aerial distance of 150 kilometres of BIAL before the twenty-fifth year of the opening of the Airport.

It's worth noting that Kempegowda International Airport (KIA) began functioning on May 24, 2008. A senior official mentioned plans to restart HAL airport and redevelop Hosur airport, but BIAL objected to this. The official explained that when bids were invited for the development of a greenfield airport in Bengaluru, not many firms showed interest initially, leading to three bid calls. Participants joined the third bid after the clause restricting other airports within 150 km was added.

Tamil Nadu has long advocated for Thali airport (near Hosur) to attract air travellers around Electronics City and Jigani. Flight operations were delayed due to the lack of a NOC from BIAL, although Hosur was selected under the Centre's RCS in the first phase. The contention is that Thali airport is 28 kilometres from Electronics City, taking half an hour to reach, compared to commuters spending over two hours to reach KIA, which is 54 kilometres away. Earlier, Hosur airport was among the airports identified by the Tamil Nadu government to operate under the UDAN scheme. The Thali airport development aimed to tap into potential commuters from Electronics City and industries around Hosur. The Tamil Nadu government signed an MoU with the Ministry of Civil Aviation to start low-cost air services from Hosur Airport.

'Rebels' free to approach high command: DKS

With several Congress leaders loyal to Chief Minister Siddaramaiah demanding the creation of additional Deputy Chief Ministers to counterbalance the power of current Deputy CM DK Shivakumar, the latter responded on Thursday by stating that they were free to take the matter up with the High Command. Shivakumar advised party members to approach the Party High Command directly instead of discussing these issues with the media. Addressing the Vokkaligara Sangha's dissatisfaction over Kumaraswamy and Deve Gowda not being invited to the 515th Kempe Gowda Jayanthi, Shivakumar clarified that there was no intention to disrespect anyone and promised broader invitations next year. Regarding his visit to Delhi, Shivakumar expressed his intent to meet the newly elected MPs from the State to urge them to address the issues facing Karnataka, noting that funds for many key projects had not been released by the Centre. –BMB

Satellite system to halt forest encroachment

Karnataka Forest Minister Eshwar B Khandre has directed the Karnataka Forest Department (KFD) to establish a satellite-based warning system to prevent forest encroachment. Geo-referenced data from Karnataka's forest areas will be shared with the Karnataka State Remote Sensing Application Center (KSRSAC) to develop a real-time alert system for illegal tree felling and land encroachment.

He also instructed officials to record Forest Encroachment and Forest Rights Act-related cases at zonal levels to ensure timely resolution under section 64(A) of the Forest Act.

Between April and December 2023, KFD logged 716 new encroachment cases, with most from Shivamogga, Belagavi, and Bengaluru circles, adding to over 45,000 pending eviction cases.

Kithaganur Lake revitalisation set for July 7

Iffath Fathima
iffath.fathima@timesgroup.com
TWEETS @BangaloreMirror

A significant revitalisation project aimed at restoring the historic Kithaganur Lake is set to begin on July 7. The initiative, part of a two-year comprehensive plan, will involve extensive desilting, removal of invasive water hyacinths, and the creation of a robust lake bund to prevent further siltation and water contamination.

This project falls under the jurisdiction of the Kithaganur Gram Panchayat and is being spearheaded by United Way, funded through Corporate Social Responsibility (CSR) contributions. Kithaganur Lake, a storied water body with over a century of history, has been a vital part of the local community. Once a popular spot for leisure activities and even a source of drinking water, the lake has fallen into a state of neglect and degradation in recent years. Environmental issues, combined with a lack of development efforts, have led to its current deplorable condition. Residents have reported a significant increase in mosquito breeding, making the area unpleasant and unhealthy.

Lingaraj URS, Mahadevpura Task Force Convenor, said, "The revitalisation project is designed to address these issues comprehensively. Phase one of the project will focus on desilting the lake to restore its depth and water-holding capacity. The removal of water hyacinths, an invasive species that has choked the lake, will improve water flow and quality. Additionally, a new lake bund will be constructed. The project will also include the creation of a wetland at the point where the stormwater drain enters the lake. This wetland will act as a natural filtration system, allowing contaminants to settle and ensuring that only clean water flows into the lake. This approach not only enhances the lake's water quality but also supports local biodiversity."

Bird's eye view of the Kithaganur Lake

As part of the redevelopment efforts, several community-friendly features will be introduced. These include the construction of a walking path, the installation of benches, and improved lighting around the lake. Additionally, a Miyawaki forest—a dense, native plant forest that grows rapidly and supports local wildlife—will be established to enhance the lake's surroundings and promote ecological balance.

The current state of Kithaganur Lake is a far cry from its former glory. Decades of neglect have resulted in severe siltation, water pollution, and the unchecked growth of invasive species. Locals who once cherished the lake as a community hub, have stopped visiting due to its poor condition.

The foundation stone for the commencement of work was laid a few days ago, and work is scheduled to start next month.

Police seek Instagram's cooperation in fan murder case

The Karnataka Police have sought Instagram's cooperation in the investigation of the murder case, which involved jailed Kannada superstar Darshan, his 'partner' Pavithra Gowda and 15 others, sources said on Wednesday.

The police investigating the case have requested Instagram to provide information on the messages sent by deceased Renukaswamy to Darshan's partner Pavithra Gowda. Renukaswamy, a fan of Darshan, has allegedly sent some lewd messages to Pavithra Gowda on Instagram, after

which he was kidnapped, brutally tortured and murdered, police sources said.

Police, despite extensive efforts, failed to find Renukaswamy's mobile phone and thus, have written a letter to Instagram, the sources added.

Police have also written a letter to the Income Tax (I-T) Department, informing the latter about the seizure of Rs 70 lakh from the accused during investigations. The sources said that the I-T Department needs to be informed if anyone is in possession of more than Rs 10 lakh cash. Police had seized Rs 37.40 lakh from the residence of jailed actor Darshan. They had also recovered Rs 30 lakh from another accused, which he allegedly received to dispose of Renukaswamy's body and surrender before the police to save Darshan. Rs 3 lakh was seized from the residence of Darshan's wife Vijayalakshmi.

Police want information on messages sent by deceased to actor Darshan's parther Pavithra Gowda

Meanwhile, authorities have shifted four out of the 17 accused arrested in the case to Tumakuru prison from Bengaluru's Central Prison. The accused Ravishankar, Nikhil, Keshav and Karthik have been shifted to Tumakuru prison.

The authorities had told the court that there is a possibility of accused persons targeting each other in the backdrop of their confessions before the police.

Home Minister G Parameshwara stated in Chitradurga on Wednesday that four accused have been shifted as it is not appropriate to keep all the accused in one place. —IANS

Hop, skip and jump to reach the footpath

RR Nagar junction's footpaths are so high that elderly and children are almost unable to use it

Rachana Ramesh
c-rachana.ramesh
@timesgroup.com

TWEETS @BangaloreMIRROR

Pedestrians who frequent areas in and around the Rajarajeshwari Nagar junction have complained of a portion of the pedestrian pathway in the vicinity being over two feet above the ground level, causing much inconvenience.

Raghavendra Pachappur, a city-based activist, called out the issue on X, saying that as the footpath is too high, senior citizens and children among other majority of pedestrians choose to walk on the main road, putting their lives at risk.

Ideal measurements

The Indian Roads Congress (IRC) in 2012 prepared a document with guidelines that also includes the ideal height measurements. According to the guidelines, the height of the kerb above the road or carriageway should not be more than 150 millimetres. The footpaths must also have flat walking surfaces, allow for proper drainage to prevent water stagnation and have design for guide tiles along the length to guide the visually impaired. Footpaths are divided into three main zones, the frontage zone along the compound wall, the pedestrian zone for walking, and a furniture zone that can accommodate manholes, trees, benches, vendors.

"There are hardly any footpaths and the existing ones are not designed scientifically–Pedestrian

The width of the footpath is decided depending on the land use of the area. In residential areas, footpaths need to have a clear minimum width of 1.8 meters, enough for two wheelchairs to pass by each other. In commercial areas, it is recommended that the pedestrian zone is at least 2.5 meters wide.

"There are hardly any footpaths across the city. Those that are in place are rarely designed in a scientific manner. They are almost impossible to use for vulnerable groups such as senior citizens and those with special needs. The municipal body Bruhat Bengaluru Mahanagara Palike (BBMP) must take note of the matter and keep its promise to create pedestrian pathways that are similar to those on TenderSURE roads," a pedestrian told BM.

DISHA
INDIAN AIR FORCE
JOIN THE
INDIAN AIR FORCE
REGISTER NOW
AFCAT Registrations Closes Today
ENTRY
Air Force Common Admission Test (AFCAT) Entry
NCC Special Entry
BRANCHES
Flying/ Technical/ Weapon Systems/ Administration/ Logistics/ Accounts/ Education/ Meteorology
Flying (NCC Air Wing 'C' certificate is mandatory)
AFCAT Entry: Registration mandatory and online exam/ NCC Special Entry registration mandatory and no online exam
Aadhaar card is mandatory for online registration
Registrations open from 30 May 2024 till 28 June 2024
For more details, refer to Employment News dated 25 May 2024 and for detailed notification visit our website careerairforce.nic.in and afcat.cdac.in
For updates, follow us on
DISHA by Indian Air Force
careeriniaf
CareerinIAF
DISHA Cell, Air Headquarter, Vayu Bhawan
Tel: 011-23013690 | Toll-free No.: 1800-11-2448 | E-mail: career.iaf@nic.in
CBC 10801/13/0001/2425

Experts caution panel shouldn't okay tree-cutting in hurry

CONTINUED FROM PAGE 1

This slew of recent public notices, seeking approval for the removal of trees is from Bangalore Water Supply and Sewerage Board, BBMP Road Infrastructure Department, and Karnataka Rail Infrastructure Development Company Limited (K-RIDE)

BWSSB has submitted an application for the removal of trees for the design and construction of 60 MLD capacities STP based on IFAS technology in lieu of the existing 60

MLD and 40 MLD ISPS in Hennur. The agency has sought permission for the removal of 83 trees. Another notice is by BBMP's Road Infrastructure Development for the removal of 264 trees on Uttarahalli Main Road, extending from Mysore Road to Yeshwanthpur for widening and development of 3.45 km of the stretch. The most recent one is by K-RIDE for the removal of 592 additional trees which were not enumerated by the agency during the initial application submitted in October 2023 for corridor 4 work between Ambedkarnagar railway station and Muddanahalli cross for the Bengaluru Suburban Railway Project.

City-based environmentalists and tree activists raise concerns over fast-depleting green cover for development activities looking at the current climate change scenario. They say that the majority of the trees being felled after permission from the Tree Expert Committee cut can be saved provided the agencies are open to minor tweaks in the development projects. They also underline the need for compulsory Environment Impact Assessment and public consultation sessions for every development or infrastructure project proposed that requires the feeling of trees.

"Every such public notice should be followed up by a public consultation meeting. EIA of these projects, irrespective of project size, should be prepared. This report should then be analysed before giving a green signal," said a city-based environmentalist.

Experts opine that compensatory plantation or translocation cannot replace fully grown trees and planting 10 saplings for every tree axed is not the answer.

Your Connect

jobs

SITUATION VACANT

OTHER VACANCIES

RETIRED PERSONS

CAREER Offer, Retd Govt/ Banker, HNI'S NRI'S. Teachers & Housewives Big Income, Foreign trips & PF ESI benefits Wfh Ct: 8431658034, 8553100202

TOP MNC Co. Hiring Retired People & Housewives for Work From Home Full/Part Time & Monthly Earning is 1Lakh & above Call: 9916197616

THE TIMES GROUP

Readers are recommended to make appropriate enquires and seek appropriate advice before sending money, incurring any expenses, acting on medical recommendations or entering into any commitment in relation to any advertisement published in this publication. The Times Of India Group doesn't vouch for any claims made by the Advertisers of products and services. The Printer, Publisher, Editor and Owners of The Times Of India Group publications shall not be held liable for any consequences, in the event such claims are not honoured by the Advertisers.

SITUATION VACANT

LAKSHMI NIRMAN (B'LORE) PVT.LTD., Bangalore Based Construction Company requires following Personnel for Bangalore & Davanagere Projects. Projects Managers, Site Engineers, Safety Supervisors, Storekeepers, Site Accountant, Mail Your resume to : info@lakshminirman.com

real estate

PLOTS FOR SALE

FOR Sale : 40X60 Site in NTI Layout phase 1 Rajivgandhinagar Kodigehalli North facing . Genuine buyers only call 9916012077

BANGALORE PROPERTIES

BANNERGHATTA ROAD

AREKERE Saraswatipura 30x40 West Facing Residential Site. Excellent Location. Clear Titles. Genuine Buyers Call:- 8050542686

PURVANKARA Sparkling Springs & Purva Symphony Phase 2 & 3 type A, B, C & D Villa's for sale, also Phase 1 ready to occupy, all land owner share. Contact : 99007 77099.

BIDADI

MYSORE ROAD before Bidadi Site's Available for sale Conversion with E Katha. Call: 9341991761/ 9972623227 / 9019188099

HBR LAYOUT

HBR-ST.THOMAS Town Excellent 3-BHK, 1800 Sq.ft Semi-Furnished Flat with Interiors. Genuine Buyers Call:- 8050542686

HOSUR ROAD

TO LET Ready to move In PG or COMPANY GUEST HOUSE 20 rooms with attached bathrooms and Lift facility Location : AECS layout, A block, Kudlu gate Contact : 9341220517

HRBR LAYOUT

HRBR LAYOUT 2nd Block Apartment 2&3 BHK Luxuries Flats Available FOR SALE Ready to Move 9148975226

VISVESWARAIAH LAYOUT

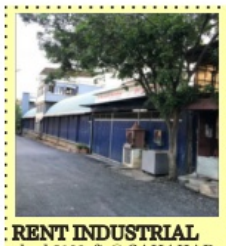
DIRECT OWNER 30x40 and 40x60 BDA Sites Sale @ VISHVESWARAIAH LAYOUT, Prime Location, Near 100 feet Road, "SREENIDHI"- 9742681666

NADAPRABHU Kempe-Gowda Lyt 1st Block K sector 30x40 W/F 82 Lakhs, 9th Blk D Sector 82x65 South east Corner site sale. 6500/-. Call: 9686469799

PROPERTY ANCILLARIES

COMMERCIAL PREMISES

COMMERCIAL OFFICE 27000 SFT IN STPI BUILDING WARM SHELL FOR IMMIDIATE RENTALS CALL 9886156744



RENT INDUSTRIAL shed 8100sft @ SAHAKAR NAGAR near Airport road with power & water, suitable for Industries Garage Service Station Base Kitchen Warehouse. (Part of Full) Owner- 9341218897

personal

CHANGE OF NAME

I Piyali Trivedi Barua w/o Ashish K Trivedi R/O Vajarahalli Bangalore have changed my name from Piyali Barua to Piyali Trivedi Barua for all future purpose. Certificate Reference- IN-KA395585357494435W

I, ARIHANT KUMAR KOTHARI, S/o Hanuman Kothari, R/o C-903, Saket Callipolis, Sarjapur Main Road, Doddakannelli, Bengaluru - 560035, have changed my name as ARIHANT KOTHARI, vide affidavit dated 27.06.2024, sworn before notary S. Subashini, Bengaluru.

I Neelam Sureshchandra Kothari D/O, Shah Sureshchandra Dharamchandra R/o 778, Sanyamkunj Apartment, Cod Quarters ,2nd Main,kengeri Upanagara Bengaluru-560060 have changed my name to Neelam Jain.

I, Jawad Ahemad K A S/o Khizer Ahmed S A R/o No:- 19 1st Main Road 5th Cross Muneshwara Layout Heggana-halli Bangalore 560091 have changed my name to Jawad Ahmed K A for all purposes

I, Nelofar Khosla W/o Rakesh Suthan R/o A2, 101, Paramount pilatus apartment, 80Feet BDA Rd, Arekere ,Off Bannerghatta Road, Bangalore-560076 have changed my name to Nelofar V Khosla for all purposes

I, Abhishek Hebasur S/o Shareef Hebasur R/o No 003 Kamadhenu Enclave 3rd Main C M Layout Hunasamaranaha-lli B'lore-562157 have changed my name to Abhishek Shareef Hebasur for all purposes.

I Jain Khushboo Kanraj W/O, Sanjay Kumar R/o 14,mathrushree Nilaya 3rd Cross K V Lane Chickpet Gandinagar Bangalore 560053 have changed my name to Khushboo Jain.

I Varunkumar Vasanth S/O, T. Vasanthakumar R/o A 209, Pranavi Pride, Dodakamanahalli Main Road, Gottigere, Bangalore -560083 have changed my name to Varun Kumar Vasant.

I, Gyanendra Reedy G s/o Gantla Reddy M Nakkanahalli (v), Parandahalli (p), Robertsonpet KGF-563122 changed my name as Gyanendra Reddy G

I, Shripoorna S/o Govindinesh Badagandi R/o C-306 ,brigade Millennium ,jp Nagar ,7th Phase B'lore-560078 have changed my name to Shripoorna Badagandi for all purposes.

I Maddewad Dipak Dnynoba S/O, Dynoba R/o #285.1b Cross Opp Doddamma Temple Road Jakkur Layout Bangalore 560064 have changed my name to Deepak D .

I, Manoj kumar Khemchand R/O No.66 , symbosis Jainam Appartments , 4th floor Ratana Vilas Road , Basvangudi Bangalore 560004 have changed my name to Manoj Kumar .

I, Yasmeen Taj, R/at No.27, 1st Cross, Fire Work Colony, J.C Road, Bangalore-560002, have changed my name to Yasmeen Khanam, For All Purposes.

I Anamika D/O, Ashok Babu R/o 213, 1st Floor, Mathrusree Silver Oak, 2nd Cross, Karnashree Layout, Medahalli, Kr Puram, Bangalore- 560049 have changed my name to Anamika Gehar .

PRIME PROPERTY

FOR SALE

1. Independent Corner Building
BTM Main Road,
Opp. Silk Board Metro Station
Corner Plot: 12,000 sqft
Super built: 39,000 sqft
Basement + G + 3

2. Office Space in Koramanagala
Raheja Arcade on 2nd floor
12,000 sqft with 10 car parks
No registration costs.
Low maintenance charges.

Call Owner Aditya Jaipuria
on 98450 21361 or mail to:
aditya.jaipuria@utm.co.in

Available for rent
OFFICES / SHOWROOM SPACE
Posh well maintained and furnished Building B+G+4 Floors, 4000 SqFt each Floor with Lift and Generator. Ideally suited for Restaurant, Corporate Office, Banks. Available for Rent on corner plot Chamarajapet, Mysore Road.
Contact: 91080 12898 Email: lvsmurthy2009@gmail.com

GET NOTICED

ಆರ್ಟಿಸನ್ಸ್ ಬಜಾರ್
Artisans Bazaar
There is a memory in every single piece of art.
Date : 28th June to 7th July, 2024
Timings: 11 AM to 7 PM
10 Days Exhibition / Entry Free
Arts, Crafts & Handlooms Exhibition
100+ Shopping Stalls | Live Performance & More
STARTS TODAY
Entry Free!
Organized By
Grand Flea Market
For Details Contact
9036658774 / 6364685716
Karnataka Chitrakala Parishath,
Kumara Krupa Road, Near Shivananda Circle
Bengaluru - 560 001.
HANDLOOMS | HOME DECOR | HANDICRAFTS | CLOTHING | JEWELLERS

HEALTH TIP: Portion control is important for weight management so use smaller plates for your food.

Mustard greens provide a significant dose of vitamin K, which aids in reducing dark circles under the eyes

BangaloreMirror | 9
Friday, June 28, 2024
mybangaloremirror@timesgroup.com
facebook.com/thebangaloremirror
@BangaloreMirror

EARTH ON YOUR PLATE

Busting five myths about eco-friendly eating

Choosing food that is both healthy and good for the planet can be confusing. Here are five myths to avoid to help you make better choices.

"Organic meat", "GMO-free" and "100 per cent natural" are just some of the countless claims designed to attract the eyes of eco-conscious consumers in the supermarket.

Yet while people are increasingly willing to spend more on these labels, there is often not enough consideration of how much these features actually contribute to a food's environmental sustainability.

It's understandable why consumers are confused.

Determining the environmental impact of different food products is highly complex — influenced by how much resources and energy they consume, greenhouse gases they emit, the way they impact the biodiversity of the area where they are produced, how and how far they are transported to market, and the amount and type of waste they create.

Despite this, the basic characteristics of a diet that would benefit both human health and the planet are clear.

At least half of our daily calorie intake should come from fruits, vegetables, wholegrains, legumes, nuts, and seeds while significantly limiting red meat and energy-dense, nutrient-poor foods such as sugar and refined grains.

Unfortunately, typical Western diets are far from this ideal and many economic, political, and societal factors contribute to this discrepancy, making it a difficult issue to address.

However, tackling the psychological barriers that prevent the public from consuming more sustainably can help improve their behaviour.

The first step towards doing this is addressing the significant lack of knowledge consumers have about what makes a food choice eco-friendly.

Here are five common food myths that need to be busted:

Myth 1: "Meat's eco-footprint is exaggerated"

Animal husbandry is one of the most environmentally-damaging activities in food production due to its high greenhouse gas emissions, extensive resource use, and the pollution it causes.

Consequently, the most impactful change a person can make to reduce their dietary ecological footprint is to limit animal-based foods, particularly beef.

Many people underestimate the environmental impact of meat, eggs, and dairy and doubt the environmental benefits of substituting them with plant-based alternatives.

Additionally, there is a widespread but mistaken belief that reducing car and plane travel, conserving electricity, recycling, and avoiding plastic are more significant to one's climate footprint than reducing animal-based food consumption. Specifically, adopting a plant-based diet can cut a person's greenhouse gas emissions by 20 to 30 per cent, as compared to a 5 to 15 per cent reduction from other actions.

Addressing these misconceptions and shifting towards a more plant-based diet can significantly enhance and promote environmental sustainability.

Myth 2: "Organic and local always equals sustainable"

People often assumes that organic and local production is the gold standard for sustainability as it can reduce chemical use and lower transportation emissions.

However, this perspective requires more nuance. For example, organic tomatoes grown in open fields can have higher environmental impacts due to increased fuel and machinery use.

Similarly, locally grown tomatoes, especially in heated greenhouses, can be less sustainable than those produced in distant unheated greenhouses due to higher energy requirements.

Consumers' misconceptions are particularly problematic when they believe buying organic meat from a local butcher can significantly alleviate meat production's environmental impact.

The environmental benefits of organic and local meat are limited compared to the substantial reductions achieved by eating plant-based foods.

Myth 3: "What is natural is good"

Humans have a 'natural bias', believing that what is natural is inherently good. As a result, foods without preservatives, additives, artificial ingredients, or high levels of processing are often perceived as superior.

It's important to critically evaluate this belief. For instance, genetically modified (GM) crops are often viewed negatively due to the belief that anything altered by humans, especially at the genetic level, must be unsafe for society and the environment.

However, some GM crop varieties can contribute to more sustainable agricultural practices by increasing yields, reducing pesticide use, and improving resource efficiency.

Evaluating any novel food technology based on their actual environmental impacts is essential, rather than dismissing them due to their perceived unnaturalness.

Myth 4: "Good for me, good for the planet"

Healthy foods are often assumed to be automatically eco-friendly. However, a food's nutritional quality and its environmental impact aren't necessarily related.

Even though strawberries, for example, are highly nutritious, their environmental impact can vary depending on whether they were grown locally or in a faraway country, on a field or in a heated greenhouse.

Similarly, while eating more plant-based foods is better for the environment, they may not always offer the same nutritional benefits as their animal counterparts. For example, plant-based foods are more likely to be incomplete sources of protein because of their lower digestibility and because they're missing some of the nine essential amino acids humans need.

Achieving a truly sustainable diet requires careful consideration of both nutritional value and ecological footprint.

Myth 5: "Conserving the planet requires breaking the budget"

Many consumers believe that eating in an environmentally friendly way is expensive. However, scientific calculations reveal that more sustainable diets are cheaper than current Western diets.

In high-income countries, plant-based diets are the most affordable, with vegans and vegetarians cutting food costs by up to one-third. Flexitarians who reduce their meat intake can save 14 per cent on food costs.

However, costs can vary between countries: in low-income countries, where diets rely on cheap starchy staples, increasing the intake of fruits, vegetables, nuts, and legumes may not be affordable.

Even in high-income countries, lower-income households in food deserts may have limited access to fresh produce.

In addition to changes to consumer behaviour, the public would also benefit from economic and policy interventions to make truly sustainable diets affordable and accessible to everyone.

(By Bianca Wassmann, Singapore-ETH Centre, for 60info.org)

All you need to know about...

Food addiction

Gut feeling
Worried about your food addiction? Take heart, a team of researchers has identified a specific gut bacteria associated with both mice and human compulsive eating disorder and obesity.

Bacteria is culprit
In the research, presented on Thursday at the Federation of European Neuroscience Societies (FENS) Forum 2024, the international team identified bacteria that play a beneficial role in preventing food addiction.
While until now, the mechanisms underlying this behavioural disorder were largely unknown, the new findings, also published in the journal Gut, could be used as potential new treatments for this obesity-related behaviour.

Treatment oriented
"Potential new treatments could involve using beneficial bacteria and dietary supplementation," said Rafael Maldonado, from the Laboratory of Neuropharmacology-NeuroPhar at the Universitat Pompeu Fabra in Barcelona, Spain.

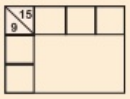
How the bacteria was identified
In the study, the team investigated the gut bacteria in mice who were and were not addicted to food.
They found an increase in bacteria belonging to a group called the Proteobacteria phylum and a decrease in bacteria belonging to the Actinobacteria phylum in the food-addicted mice.
These mice also had a decrease in the amount of another type of bacteria called Blautia from the Bacillota phylum. Similar to the findings in mice, decreases in the Actinobacteria phylum and Blautia were seen among people with addiction to food and increase in the Proteobacteria phylum.
"The findings in both mice and humans suggested that specific microbiota could be protective in preventing food addiction," said Elena Martin-Garcia, from the varsity.

—IANS

mybangaloremirror@timesgroup.com
facebook.com/theBangaloremirror
@BangaloreMirror

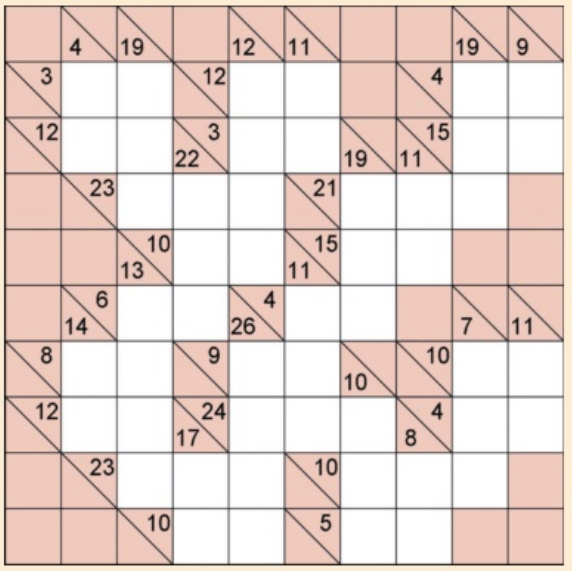
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

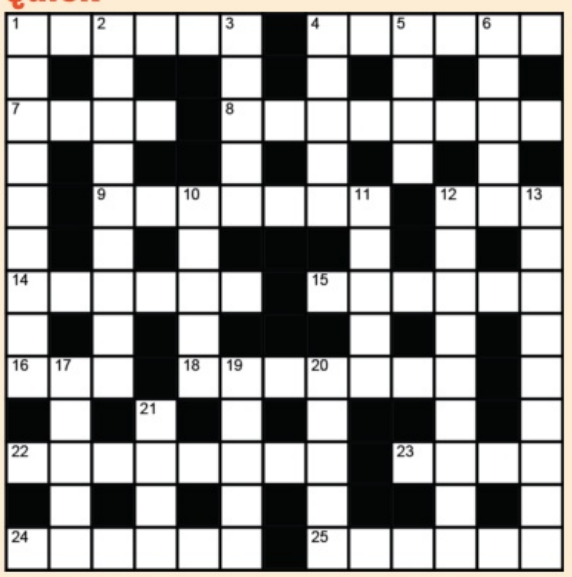


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Graciously allows (6)
4 Uses a loom (6)
7 Singular fish! (4)
8 Risk takers (8)
9 Temple town in Uttara Kannada (7)
12 Upper limb (3)
14 Strolled (6)
15 Japanese robe (6)
16 Mineral source (3)
18 Lounging, slouching (7)
22 Capital of Jamaica (8)
23 Monarch (4)
24 Eases, in a way? (4,2)
25 Turn down (6)

DOWN

1 Reckless bandit (9)
2 Unable to be read (9)
3 Greek letter `S' (5)
4 Lady (5)
5 Aide or accomplice (4)
6 Mistake (5)
10 Get down to pray (5)
11 Legal get-out (5)
12 Next to (9)
13 Have a second job (9)
17 Elevate (5)
19 Readily available (2,3)
20 Pertaining to the moon (5)
21 Birds lay them (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: F EQUALS H

HFK TOCK SZG OC FK TFV IGVTC HFK XKYZHOAK AZYDK VU HFOGWC.

Linemaro

If you were a triangle, you would be acute one!

Mindchow

Action is the foundation of all success

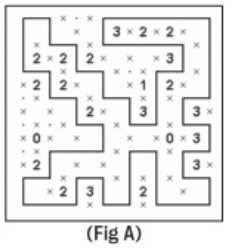
Joke of the day

A good wife always forgives her husband when she's wrong

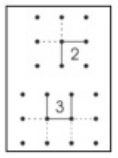
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

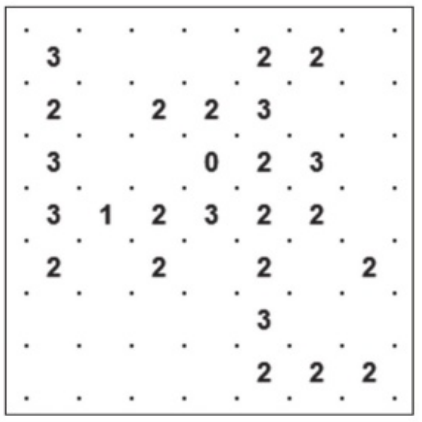


(Fig B) Not Allowed

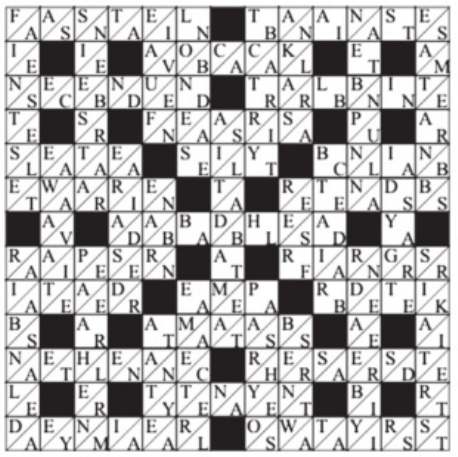
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



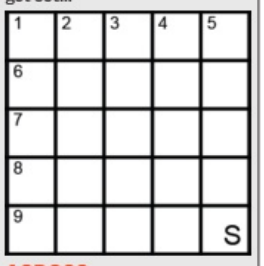
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

1 P Mart; 6 Prier; 7 A dies; 8 Peg in; 9 Gains

DOWN

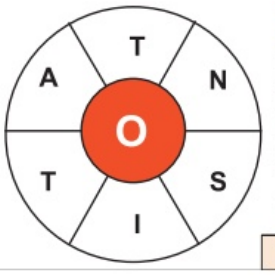
1 Rig at; 2 Siren; 3 In gap; 4 Aimed; 5 Repps

Mensapuzzle

Solve this dingbat:

URACUT
THEREST

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

02 Average; 03 Good; 04 Outstanding

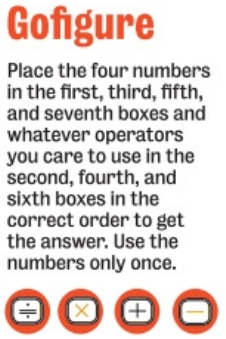
SudokuChallenge

5	6			3			9	2
2								4
9		1	5		7	3		8
			4		6			
		6				8		
			3		9			
4		8	9		5	7		1
7								3
6	5			1			8	9

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



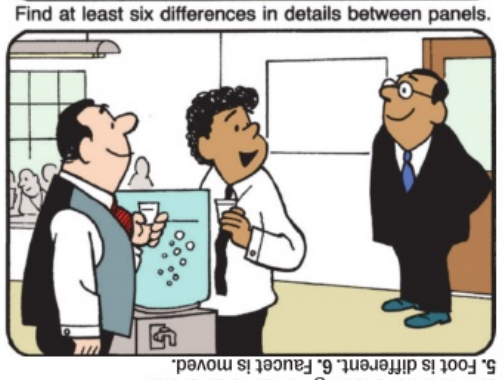
Easy = 15
2 2 3 5

Medium = 2
2 3 3 4

Hard = 41
2 7 8 4

Hocusfocus

Find at least six differences in details between panels.



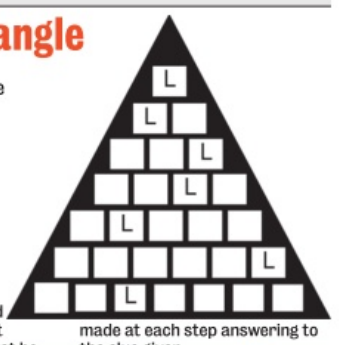
Differences: 1. Tie is longer. 2. Sleeve is longer. 3. Arm is not showing. 4. Hair is different. 5. Foot is different. 6. Faucet is moved.

Riddler

Which contraction from Group B can be added to Group A? Why?
Group A: it's, she'd, we'll, won't
Group B: can't, don't, he's, shan't, they've, you'll

Alpha triangle

1 XXV + XXV
2 51 in ancient Rome
3 Zero
4 Egypt's river
5 Extraterrestrial
6 Necessitate
7 Minor illness

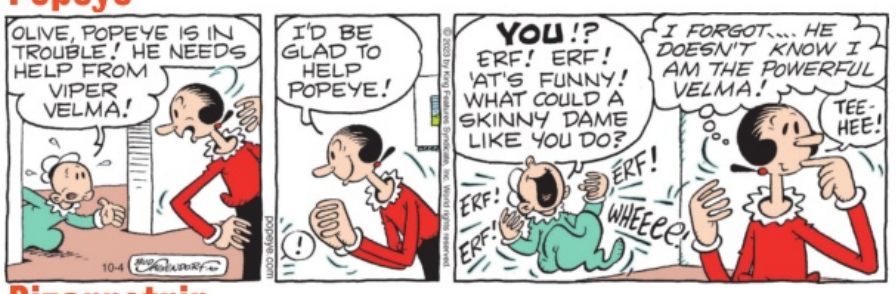


Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Popeye


OLIVE, POPEYE IS IN TROUBLE! HE NEEDS HELP FROM VIPER VELMA!
I'D BE GLAD TO HELP POPEYE!
YOU!? ERF! ERF! 'AT'S FUNNY! WHAT COULD A SKINNY DAME LIKE YOU DO?
ERF!
ERF!
WHEEEE!
I FORGOT.... HE DOESN'T KNOW I AM THE POWERFUL VELMA!
TEE-HEE!

Bizarrotrip

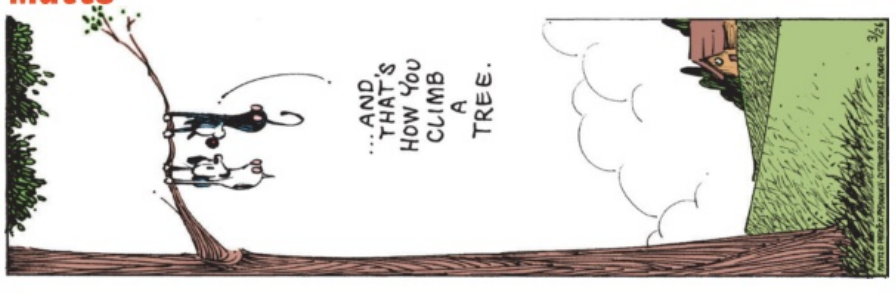
Diamond Lil

Hart of the city

Crankshaft

THESE DAYS I'M CERTAINLY PAYING FOR ALL OF THAT SMOKING I DID WHEN I WAS YOUNGER.
YEAH... THE BEST THINGS IN LIFE ARE FREE...
THE WORST ARE GOING TO COST YOU!

Mutts



WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
You may be happy today. You may have positive energy, which may increase your prestige among people around you. You may spend your time studying intellectual stuff. You may also plan for some higher studies to boost your career. Students may hear good news in competitive examinations.

Taurus Apr 21 – May 20
Today may be a dull day initially, but in the late evening, you can control negativity. You may connect with new people on the work front, and with their help, you may try to revamp your business plans. However, it is advised that you read documents carefully before submitting your signature on them.

Gemini May 21 – Jun 21
Today, with the help of blessings, you may control your indecisiveness. Your colleagues may be supportive of your work, which will translate into success in terms of the projects. You may expect to get some incentives with the salary. Kids' health is better now. Natives related to dairy, water projects, grains, homemaker art, and culture may do well.

Cancer Jun 22 – July 23
Today, you may be busy with family get-togethers and social events. You may become polite with the people around you, which may increase your prestige among them. You may spend money on buying some artefacts or household items, which may improve your social status. You may likely hear some good news from one of your relatives.

Leo Jul 24 – Aug 23
Today, you are blessed by the moon; you may be happy and you may feel healthy, which may reflect in your way of working. You may perform well in all areas of your life, which may improve your prestige. Your concentration may be very good today, but you may have to make some difficult decisions in your business in terms of growth.

Virgo Aug 24 – Sep 23
Today, your vital power may slow down, and your old disease may reappear, which may make you upset. You are advised to avoid adventure tours or rush-hour driving. You are also advised to avoid any type of ligation; you may settle it out of the jury. Try to avoid making arguments about worthless topics. You may also plan an overseas tour.

Libra Sep 24 – Oct 22
Today, you may start your day with happiness. At work, you may make quick decisions, which may increase your management skills, which may have benefits in the near future. You may also expect some new source of income, which may boost your savings. With the help of your business partner, you may invest some capital in the business. Your bonding with the spouse may increase, which may result in harmony in domestic life.

Scorpio Oct 23 – Nov 22
Today, you may be busy on the work front, which may make you tired. So, you may not be able to spend proper time with your family and at get-togethers. You may be able to create some overseas networks as well. You should be careful in terms of investments. Natives in the job may get promoted.

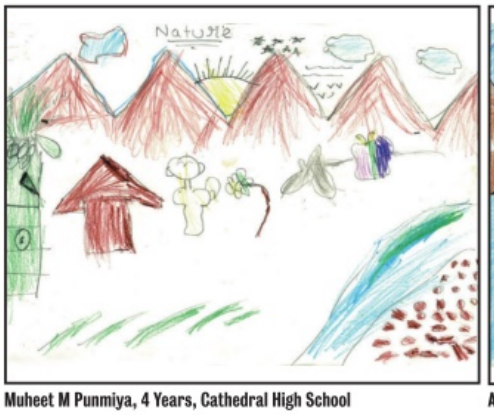
Sagittarius Nov 23 – Dec 22
Today, the situation is under control. Your destiny is likely to be with you in terms of business gains. You may get some rewards for your hard work. It may be a good time to reinitiate your postponed projects. You may expect peaceful religious travel. You may also plan to donate some amount to any religious place or to some charity.

Capricorn Dec 23 – Jan 20
Today, your moon is not in a good position, and you may have health issues. You may face losses in the business or in investments, so it is advised not to invest in business. Your gains will be converted into losses, so you are advised to stop making investments in worthless objects. You should avoid being involved in controversies; otherwise, it will pull you down negatively.

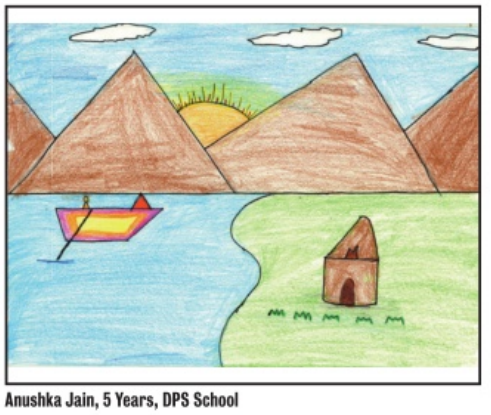
Aquarius Jan 21 – Feb 19
You are blessed by the moon today; you may expect to hear some good news in terms of your profession. Your domestic life is likely to be full of joy. You are advised to avoid making arguments about worthless topics. Overexcitement may test your patience. You can make important decisions when making investments in real estate. Students will be focused on their studies.

Pisces Feb 20 – Mar 20
Today, you may be blessed by the moon. Love would be in the air in terms of personal life. Singles may find a suitable match. You may do better in terms of your professional life. Your friends and subordinate staff may support you. Investments in gems and jewellery are likely to yield positive gains in the near future. You should be careful for your elder's health.

KIDZONE



Muheet M Punmiya, 4 Years, Cathedral High School



Anushka Jain, 5 Years, DPS School

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
=256^(0.16+0.09)
=256^(0.25)
=4^4(0.25)
=4^1
=4

BULL'S EYE
into, iota, STATION, toast

FAST FIVE

T	R	A	M	P
G	E	N	I	P
A	S	I	D	E
R	I	P	E	R
I	N	G	A	S

QUOTE UNCODE
The wise man is he who knows the relative value of things.

STRIKE OUT

D	E	N	I	E	R	S	A	T	Y	R	S			

QUICK

L	E	T	S	U	P		R	E	J	E	C	T		

MENSA PUZZLE
Each one a cut above the rest

RIDDLER
Each contraction in word when the apostrophe is removed. Its, shed, well, wont. Hence can't can be added to Group A as cant is a valid word

SUDOKU

6	5	2	7	1	3	4	8	9
7	1	9	2	4	8	6	5	3
4	3	8	9	6	5	7	2	1
8	7	4	3	5	9	2	1	6
3	9	6	1	7	2	8	4	5
1	2	5	4	8	6	9	3	7
9	4	1	5	2	7	3	6	8
2	8	3	6	9	1	5	7	4
5	6	7	8	3	4	1	9	2

ALPHA TRIANGLE
L, LI, NII, NIIe, Alien, EnTaIl, Ailment.

GO FIGURE
Easy
3 x 5 + 2 – 2 = 15
Medium
3 – 3 + 4 / 2 = 2
Hard
8 x 4 + 7 + 2 = 41

LOOP

KAKURO

Volume No 17, Issue No 129 RNI NO:KARENG/2007/21142 Published for the Proprietors, Metropolitan Media Company Ltd by R.J. Prakashan at No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011 and printed by him at Bennett Coleman & Co Ltd., The Times of India Press, No. 9/10/11-A, 4th Main, KIADB Bommasandra Industrial Area, Anekal Taluk, Bangalore - 560 099 (Phones : Press : 080-22899999; Editorial : 080-40877666, Fax – 40877545, Registered Office: No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru - 560 011, Email : mybangaloremirror@timesgroup.com Editor : Ms. Seena Menon - responsible for selection of news under PRB Act. © Reproduction in whole or in part without the written permission of the Publisher is prohibited.

Joyalukkas
World's favourite jeweller

FLAT

50% OFF

ON MAKING CHARGES
FOR GOLD, DIAMONDS,
PRECIOUS & SILVER JEWELLERY

THE INCREDIBLE JEWELLERY SALE IS BACK

Enjoy the most attractive offer of 2024, flat 50% discount on making charges for gold, diamonds, precious & silver jewellery. Shop big now.

*T&C. Apply. Not applicable for Gold coins & bars.

BENGALURU: M G ROAD: 080 25589916 • DICKENSON ROAD: 080 25093916 • JAYANAGAR: 080 26634448 • MALLESWARAM: 080 23466916 • MARATHAHALLI: 080 25073800 • PHOENIX MARKETCITY: 080 49626677 • KAMMANAHALLI: 080 25039900 | 080 42804000 • FORUM MALL, PRESTIGE FALCON CITY: 080 69656111

INDIA • USA • UK • UAE • KSA • QATAR • BAHRAIN • KUWAIT • OMAN • SINGAPORE • MALAYSIA

www.joyalukkas.com